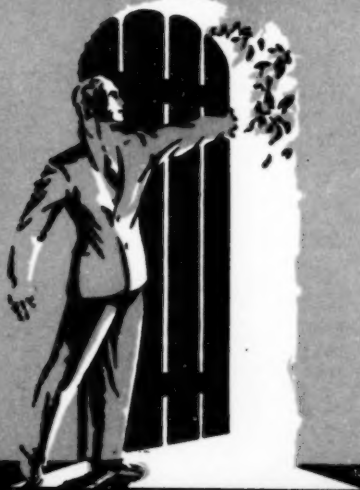


# UNITY DAILY WORD

*A Page of Sunshine for Every Day*



*Revealing the way to*  
HEALTH, HAPPINESS and PLENTY

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A Copy

August, 1933

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A Year

## AFFIRMATIONS USED BY SOCIETY OF SILENT UNITY

July 20 to August 19

*The radiant Christ manifests its light in and through me.*

*In the presence and power of the Christ in me, I decree the manifestation of perfect health.*

*In the presence and power of the living Christ substance, I claim the riches of God.*

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Single copies of UNITY DAILY WORD may be obtained at news stands, at 15 cents. Subscription, \$1.50 a year.

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1933

## UNITY DAILY WORD

A little companion that daily directs your steps to the sun-tipped heights in whose glory you shall behold yourself as a son of God; for such you are.

Nonsectarian. Published monthly.

F. B. WHITNEY, *Editor*

Editorial suggestions and comments may be addressed to Editor of UNITY DAILY WORD, % Unity School of Christianity, 917 Tracy Avenue, Kansas City, Mo.

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### Remember God

By remembering God, death is removed.

By remembering God, enemies retreat.

By remembering God, no obstacles are met.

By remembering God, we are watchful night  
and day.

By remembering God, fear is not felt.

By remembering God, sorrow troubleth not.

—*Granth.*

"Not I, but Christ"

Not I, but Christ be honored, loved, exalted;  
Not I, but Christ be seen, be known, be heard;  
Not I, but Christ—in every look and action;  
Not I, but Christ—in every thought and  
word.

Not I, but Christ—my yearning supplication;  
Not I, but Christ—my longed-for, wished-for  
goal;  
Christ, only Christ, my fondest meditation;  
Christ, only Christ, theme sweetest to my  
soul.

Not I, but Christ—to gently soothe in sorrow;  
Not I, but Christ—to wipe the falling tear;  
Not I, but Christ—to lift the weary burden;  
Not I, but Christ—to hush away all fear.

Not I, but Christ—in lonely, silent labor;  
Not I; but Christ—in humble, earnest toil;  
Christ, only Christ!—no show, no ostentation;  
Christ, none but Christ, the gatherer of the  
spoil.

Christ, only Christ ere long will fill my vision;  
Glory excelling soon, full soon, I'll see—  
Christ, only Christ, my every wish fulfilling—  
Christ, only Christ! my all in all to be!

—Selected.

## Christ's Little Companion



EARLY IN THIS century there lived in Paris a little boy who, during the twelve years of his life, reached to the heights of spiritual consciousness and understanding. Now church dignitaries of France and church leaders all over the world are sounding his praises. His name was Guy de Fontgalland. Soon after he became aware of things about him, when an infant, he showed that he was conscious of the presence of Christ. All through the twelve years of his life he showed in his thinking and in his acting that Christ was most real to him.

Once when asked how he pictured heaven, Guy said: "I don't picture it at all. Heaven for me is simply—Jesus." By his answer he showed that the presence of Christ within and about him constituted his only sense of heaven. He was continually turning in thought to heaven, turning to Christ.

Again when asked what he did or said when he prayed, this answer came from him: "I don't say anything. I love!" He had made the discovery that theologians, ardent in their search, often fail to find. He knew how to pray the wordless prayer, the prayer of the heart. Living close to Christ, he knew that the answer to his prayer came through this nearness. He knew that, loving the Father, the son is never denied any good thing. His childlike heart praying its prayer of love had the maturity of the most profound mystic and sage.

The little notebooks that he left behind him

showed how he had made rules of living for himself just as if he had been cloistered from the world and living under the rule of some great house of brotherhood. At the same time he went about his play as humanly as the little fellows who were his associates, but never compromising when the question of Truth and right came up. He had an abiding sense of the presence of Christ.

Little Guy was never able to understand why any one should ever tell a falsehood even for policy's sake or for the sake of some social convention. He often corrected others with the truth. It is said that during his lifetime he never told a lie. Truth was the only reality to him. Truth was the only standard of his thought.

When a child of this kind appears on the world's horizon, his coming is truly a challenge to us. We see a mind and a heart that is pretty well purified of the evil thoughts with which humanity appears to be afflicted. When we see a person who lives near to Christ, who takes Him as his daily companion, we too want to live such a life.

Guy de Fontgalland made many friends through his practice of the presence of Christ. Now they think of him as a little saint. The life of this young boy has radiated to many parts of the world. Many persons have been inspired to living nearer to Christ because of him.

Have you ever taken Christ for your com-

panion? Have you tried to live with Him as your friend, guide, and counselor? Do you think of His presence as always within and about you? When things of the outer world disturb you, can you turn to Him as your heaven, your place of peace and quiet? Taking Christ as your constant and daily companion means all this. It means severing all connection with adverse thought and adverse situations. It means your being detached from evil, sin, and negation of every kind. It means your finding oneness with the power of heaven and being able to resort to a kind of prayer which heaven speedily answers.

Christ becomes a living presence to us when we enter the consciousness in which we realize that in Truth He is all in all. We cease to believe that there is any other presence in Truth but the presence of light, peace, love, joy, and life. We no longer believe that in Truth there is any power in sin, evil, disease, and lack. We accept Christ as the only presence and power.

Were we always to take Christ as our companion we should be assured of perfect peace. We would be saved from the many disturbances and annoyances which come when we do not realize His presence within and about us. The companionship of Christ is that of a savior, adviser, protector, friend, and companion. He helps us through our difficulties. He opens the way before us. When we rely upon Him He does not fail us in any way. His companionship comes through our seeking to find Him.

## The Law of Liberty

**I**S IT not strange that so many persons put themselves under some law of bondage? They forge chains for their own hands. They make the law of limitation and then place themselves under it. After a while they begin to think of the law they have made as having some power other than that which they have given it.

James told the people of the royal law of love, knowing that if they fulfilled it they would do well. Love is positive in its action and when it is accepted as law man does not need to worry about what he should not do or to fear that he will transgress a law. The person filled with a consciousness of love will not be a transgressor. James wrote this admonition: "Speak ye, and so do, as men that are to be judged by a law of liberty." Instead of making adverse laws for yourself and beholding yourself as a transgressor, make for yourself a law of liberty and judge yourself by it.

If you feel that you are hedged in on every side by some commandment of "Thou shalt not," change your viewpoint. If you understand the law of Truth, love, and freedom, you are not a transgressor of commandments of "Thou shalt not"; you abide by the law of liberty, instead.

If you must be a law maker, make for yourself a law of freedom. In the consciousness of freedom, you will be free from adverse laws. You will have no desire to get into that adverse state of consciousness wherein you are bound

by laws of adversity. For instance, instead of getting into the consciousness in which you meet the thought of disease and come under a certain law of disease, get into the consciousness of health. Thereby you come under the law of freedom from disease, the law of perfect health.

If you just must make a law for yourself, make it a law of freedom. Declare your freedom from all adverse beliefs. Be free in the realization that nothing can keep you in bondage. Be free in the consciousness that you are entirely free.

Once and for all time, free yourself from the belief that since something adverse has been said or done, something adverse is bound to result. When you recognize that so-called evil has cause and effect, you give it the power of law. Remember that in Truth only God, the good, is the law of your life. In Spirit, only the Truth of God can act as cause and can produce an effect.

Now, what about those who prophesy the coming of evil? Is it not just as easy to prophesy good? When you prophesy evil you are making a law for its appearance. When a mother declares for her little son that if he gets his feet wet he will be ill, she is making an adverse law for him which may prove stronger than his childish sense of freedom from it. He may become ill because he has accepted from her a law of illness and yielded whatever sense of freedom and health he has for it.

The law of liberty is the law of Truth, the law of high heaven. Jesus came from heaven with the Christ law of liberty from fear, disease, and lack. He recognized no rival law, no law upon which fear, disease, and lack could be based. If you today are under some self-imposed law of bondage, your only release can come from yielding this for the Christ truth. You can live under a law of liberty as easily as you can live under a law of limitation.

God, the principle of Truth, the law of freedom, knows no opposition. When you believe that evil or disease constitutes a law in opposition to the one God, the one and only principle of Truth, you err in thought and judgment. Your thought must be corrected through an understanding of Truth. You must give up your belief in gods many for the truth of one God, one law of liberty.

When you are disposed to make some negative law for yourself, believing that some adverse condition is coming to you through some adverse cause, turn to Truth and to God. Have but one rule for your thought and conduct: the law of liberty. Know that in Truth you are free from every adverse condition. Nothing in all this world can keep you in bondage when you know this mighty truth.

We declare for you the Truth of Christ. This is the truth of your freedom from self-imposed laws of bondage, the truth of your perfect freedom in peace, love, health, and plenty. Abide in this realization and in the law of your liberty.

## Man's Enduring Body



JUST a few months ago a prominent American scientist in an interview reported by the United Press said that the human body was intended originally to live one thousand years. The statement coming from such a person as the head of the department of pharmacy at the University of Notre Dame makes it especially interesting to us. Had the statement been made by some follower of a cult of psychology or of a physical culture fad, it probably would not have been given press publicity or been regarded as significant.

The normal human body is perfect. Above all, it is self-renewing. Were it not for the negative influences that enter in, there is no question but that the body would endure indefinitely. Not knowing how to take care of his body, man loses it through death. Not keeping the body temple clean, he finds that it goes into a process of disintegration.

Professor Robert L. Greene of Notre Dame became so interested in this subject that he wrote to quite a number of persons who had lived for at least a hundred years. From the questionnaire sent them, he gleaned some interesting information. He found that freedom from worry is expressed in almost every case and that a cheerful disposition also is frequent in those who live long. He found that those who live long come from parents of long life. Evidently the thought here is that living in a home where there is a strong consciousness of

life, one builds up the same kind of a consciousness.

He found those he interviewed through the questionnaire were not given to excesses but were temperate in living. We see here that a certain degree of mental control is necessary and that the appetite and the senses must be governed by the mind and good judgment.

Next he found the subject of diet an interesting one in connection with long life. Most of these persons of long life live on natural, un-devitalized foods. Fruits and vegetables help to make up their diet. Dieticians tell us that the body is kept cleaner on a diet of this kind than on any other. The subject of diet is one that members of various schools of metaphysical thought have never agreed upon, and we dismiss it with the statement that that diet is best for us which helps us to keep our body clean and strong.

Certainly when we attain to an age of one thousand years, we shall be so used to living that we shall continue to live past the thousand mark. Possibly the first thousand years are the hardest! Methuselah with his secret of life would scarcely be able to understand the brief span of life experienced by some persons.

Today we know that in a general way that there are two things that wreck the human body: the mental and the physical agent. The mental agent is that of adverse emotions such as fear and worry. The study of the mind, of psychology, is doing much to educate us in this

respect. The second agent, the physical, is that which is associated directly with the body as a physical organism. Here we have lack of physical relaxation, lack of proper purification of the body, and the abnormal conditions brought about in the body by introducing into it food that produces unfavorable chemical conditions.

The student of Truth who wishes to prolong his life has the ability to do so. His ability to practice the silence helps him to relax mentally and physically. He has recourse to good judgment in taking care of his body. He need not feel that he is under any one else's rules of living as regards diet or exercise. He can be a law unto himself. He will find just what is the best way to take care of himself. His only obligation is to keep his body clean and healthy, for such is the will of his Creator.

The mental attitude is the most powerful influence for keeping the body in a healthy condition. Physicians and teachers of physical culture are now learning a powerful lesson from the psychologists and metaphysicians. Through the mind enter spiritual forces which are powerful to cleanse and renew the body and keep it healthy and enduring. The sustaining power of God enters man's body through his consciousness of peace and health. Were we to know the truth about the body and God's will, this thought of living for one thousand years or more would not appear to be ridiculous. It would be the most natural and normal thing in the world.

## Not a Word

**N**EVER judge nor condemn, never arraign nor censure. Not a word! Never an unclean or unkind expression. Never a doubt or a fear. Never a disparaging remark of another. As you would others should do to the world, so do ye. Pause! Be still! Not a word, emphatically, not even a look, that will mar the sweet serenity of the soul. Know God. Keep silence before Him. Not a word of murmuring or complaining in supplication; not a word of nagging or persuading. Let language be simple, gentle, quiet; you utter not a word, but give Him opportunity to speak. Harken to hear His voice. This is the way to honor and to know Him. Not a word—not the least word. Listen to obey. Words make trouble. Be still. This is the voice of the Spirit. Take no thought for tomorrow. Worry not about home, church, or business cares. Cast all on Him—and not a word. We think so hard, pray so hard, and trust so little.—*Attributed to a Quaker.*

Tuesday, August 1

*I have faith that God is now manifesting Himself as good in me and in all my affairs.*



**W**HEN WE have faith in God, the good, we lose all belief in evil. We cease to think that there can be in Truth any rival of Omnipotence. Our doubt of God's power gives way to faith supreme. We realize that our faith must be centered in God in the very midst of us, that we must believe entirely in Him if He is to manifest Himself in and through us.

Whatever you have faith in, you come to be like and to manifest. If you have faith in God, you become Godlike, manifesting His peace, joy, love, and life. If you think of evil as something, if you think evil thoughts, then God becomes less and less the omnipotence that He seeks to be in your life.

If you would be healthy, have faith in your health. If you would be prosperous, have faith in your inherent ability to succeed and to prosper. If you would have faith in yourself, do not think of yourself as limited in any wise. Realize that God in you can do all things and that through God you can do whatever you undertake to do. Have faith in yourself, God in the midst of you.

Great is thy faith: be it done unto thee even as thou wilt.—*Matt. 15:28.*

Wednesday, August 2

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*The joy of knowing that God is in the midst of me keeps me joyful in all situations.*

**H**OW CAN a person be sad when he realizes that God, the omnipotence and omnipresence of peace, is within and about him? How can he be downcast and downhearted when he knows that God as joy ever abides in his heart? The realization of the joy of God should turn his thought from those things which he has believed could take his joy from him.

If you would be joyful, cease to think of other persons, things, and situations as able to deprive you of joy. Cease to think of the power of external things and examine your thought about them. Things do not make you unhappy; only your thought about them and your belief in them can cause them to bring you unhappiness. If you think of your joy as constant, as unaffected by external things, then nothing external to you can change the state of your joy.

Be happy because that is your natural and normal state in Truth and in the sight of God. Rejoice because of the knowledge that God as joy dwells within you. Rejoice because His joy fills you completely. Rejoice that His presence inspires you to be happy.

Neither be ye grieved; for the joy of Jehovah is your strength.—*Neh. 8:10.*

Thursday, August 3

*I am no longer afraid, because Christ is ever within and about me as the presence of my indomitable courage.*

**F**EAR is cast from our mind and our heart when we are filled with the presence of Christ, the realization that He is ever with us as the presence of indomitable courage. We cast from mind all belief in fear and realize that in Truth we are ever courageous.

Cease to think of yourself as fearful of persons and things. The only thing that can make you afraid is your own thought. Certainly, you can get rid of fear by getting rid of the fear belief. Nothing in all this world can make you think a thought that you do not want to think. You have power to say whether you will think a thought of fear of persons and things or whether you will think a thought of courage.

Realize that Christ within you is your source of courage. Know that His presence inspires you to think courageous thoughts. You are not to think of persons and things in terms of fear. You are to know that Christ within you can know no fear, can not be under subjection to anything external to you.

God hath not given us the spirit of fear; but of power, and of love, and of a sound mind.—II Tim. 1:7 (A. V.).

Friday, August 4

---

*I am no longer anxious, because the presence of Christ within and about me has relieved me of anxious thought.*

**T**ODAY get rid of your worry and anxiety. Drop from mind all belief that persons or things can disturb you, that they can interfere with your progress or well-being. Be not anxious about the outcome of your affairs. Place all in the keeping of Christ. Place your trust in Him, knowing full well that He will take care of you and yours.

Be not anxious about the future. Living in the consciousness that Christ is with you today, you may be assured that He will continue to be with you tomorrow. You need not be worried about tomorrow's problems if you let Christ solve for you the problems that need to be solved today.

Worry shows a lack of trust. When you worry, you show that you believe in some power other than God. You believe that there is something other than Omnipotence. You believe that something can interfere with the work of God or can prevent His bringing good to pass in your life.

If you would get rid of your worry, fill your mind with thoughts of trust in God.

Cast thy burden upon Jehovah, and he will sustain thee.—*Psalms 55:22.*

Saturday, August 5

*Knowing that God, the good, is omnipresent in Truth, I cannot believe in the presence of evil. God, the good, is omnipotent.*

**I**F YOU think of God, the good, as all in all in Truth, then evil has no place or power in your life. If you realize that man in ignorance has conceived of an opposite of Omnipotence, then when you correct your thought you free yourself of the misconception. That which appears as evil can no longer exist for you when you realize the truth about God's omnipresence.

Does evil exist? Yes, to the mind that believes that there is an opposite of God. The person who believes in evil, sin, disease, and lack finds these all about him—and within himself! He visualizes an opposite of Omnipotence and through his mind's eye beholds the object of his belief.

To the student of Truth, evil is but a relative term. It is a word that identifies that which man thinks is an opposite of God. It is a word that teachers of Truth will need to use as long as there are students who have failed to grasp the truth of omnipotent and omnipresent God.

Abhor that which is evil; cleave to that which is good.—*Rom. 12:9.*

Sunday, August 6

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*My mind is free from all belief in  
bondage and I am free, free, free!*

**I**F YOU feel that you are in bondage to something, you are simply in bondage to your own thought about it. You discover your freedom from bondage to things when you gain the consciousness of freedom. When you are free in mind, you cannot be in bondage to persons and things.

Jesus was a heaven-sent messenger to give to mankind the Christ message of freedom. He came to free man from sin, disease, and lack. He freed men by sharing with them His consciousness of freedom. His realization of freedom was so clear that they could not believe in bondage when in His presence. His consciousness is shared with us to this day and we have but to enter into it in order to be free. We easily yield our belief in bondage when we realize the truth about freedom.

Resolve all sense of bondage back to thought. Do not think of yourself as in bondage to things. Realize that in thought you are free from any sense of bondage. Nothing can bind your thought. Nothing can make you think a thought of bondage. In Truth you are free, always have been and always will be.

For freedom did Christ set us free: stand fast therefore, and be not entangled again in a yoke of bondage.—*Gal. 5:1.*

Monday, August 7

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*I am patient because I know that even now God is doing His work in me and all is well.*

**I**F YOU would be patient, increase your trust in God. Above all, do not believe that anything can delay the action of God. Do not think that time can conspire against you. Do not believe that something can thwart the power of God, omnipotence.

Learn to be patient right in the face even of surprising disaster. Know that when things appear to be going against you, you can enter into the high consciousness that God is with you, that He is working all things out to your highest good. When things seem to be most distressing, you can enter into the realization that good is coming to pass and can behold your prayer being answered.

If you are true to God, your loyalty and patience will be rewarded. You will find that through your trust you will come to the realization that all is well. That which appeared to be disaster will be transformed into a blessing for you.

Be patient! Be trustful! Enter the realization that nothing can thwart the action of God or delay His help's reaching you.

Patience in well-doing.—Rom. 2:7.

Tuesday, August 8

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*I do not believe that any so-called law of man can supersede the working of God as law, the principle of Truth. There is but one law, one principle of good.*

**D**O YOU think of yourself as under bondage to many laws? Do you realize that in Truth there is only the law of good, only the law of God governing you? Until you realize this truth, you may believe in many gods or many principles or laws. You may think that you are governed by laws limiting your expression but in Truth you are governed solely by the law of freedom. You may believe that some law of heredity or disease is operating in your mind or body but the truth is that in Spirit there is only the law of God, the law of health.

Sin, evil, and disease have no principle back of them, no law to sustain them. They are not founded upon the principle of Truth, the law of good. God is not in them or back of them. They have no substance to give them permanence and reality. Because of this, they are not verities in the sight of God.

Know that there is but one God, one law of good, one principle of Truth.

The law of Jehovah is perfect, restoring the soul.—*Psalms 19:7.*

Wednesday, August 9

---

*The love of God fills my heart, and  
I am loving and kind to all persons and  
all things.*



HE LOVE of God is magical in its action. It is mighty to wipe out fear, hate, jealousy, disease, and lack. When we let the love of God work in and through us, it purifies us of adverse thought and cleanses our body temple. Nothing adverse can live in the presence of divine love.

When you seem to be slow in making your demonstrations, when the answer to your prayer appears to be still in the invisible, try more love. When personal problems do not yield to solving, try love in greater measure. When your business seems unproductive and unsuccessful, put more loving thought into it and add more loving service.

Everything must yield to the love of God. All things must be surrendered to Him. All limited sense of love, all selfish love, must be swallowed up in divine love. In Truth we lose personal identity in the great, unlimited, universal love of Christ. We give up the limited conception of love to embrace a fuller understanding of what love is in Truth.

The lovingkindness of Jehovah is from everlasting to everlasting.—*Psalms 103:17.*

Thursday, August 10

---

*I drop from mind all adverse thought  
that I may think thoughts of Truth  
emanating from spiritual consciousness.*

**D**O NOT think of yourself as having a carnal mind and of God in some remote place as having a spiritual mind. There are many states of mind but in reality only one Mind. In Truth there is but one God, one mind of Truth, one spiritual consciousness.

You may ask, "Where do my evil thoughts come from?" Certainly not from spiritual consciousness. You have thoughts of this kind because you believe in an opposite of God, the good. For this reason you find yourself in a state of dual-mindedness and think something contrary to Truth.

When man thinks that death is a reality in Truth he is considered mortal-minded, because he abides in a mortal state of consciousness or in a consciousness of mortality, death. When he thinks in terms of the flesh, sin, and disease, he is considered carnal-minded. When he identifies himself with the one mind of Truth and thinks true and spiritual thoughts, he is spiritual-minded.

Thou wilt keep *him* in perfect peace, *whose*  
mind is stayed on *thee*; because he trusteth in thee.  
—Isa. 26:3.

Friday, August 11

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*The power of Christ in me is now expressed in and through me, and I have power in all things which concern me.*



EVER think of external things as having power over you. Realize that Christ in the midst of you is all power. Know that nothing in the world about you can dominate you. God has placed Christ in you in charge of your world, and it must be subject to Him. Material things cannot have power over Christ.

Christ in you has power over all claims of disease, which must lose its hold upon you when you realize that Christ's power is your health. In the same way, the belief in bad luck and failure cannot have power over you when you realize that in Truth Christ's power is your success and prosperity.

If in your mind you consent to the belief that something has power over you, then it has. If instead you realize that in Truth only Christ has power, then the only power that can operate in your life is the power of Truth. If you realize that God is all-powerful, then you cannot believe that something else—whether evil, disease, or lack—can have power too.

Ye shall receive power, when the Holy Spirit is come upon you.—Acts 1:8.



## Somehow God Answers Prayer

SOMETIMES when I have tried in vain and seem about to lose, to fail, there comes to me assuring peace: The Truth of God will win, prevail. Or when it seems that everything gives only trouble and more care, I turn to God, I think to pray, and find somehow God answers prayer. I need not tell Him just the way to answer when to Him I call; my faith assures me He'll not fail when in my trust I yield Him all. And when I think of only God, to Him alone in faith repair, it matters not how hard my task, I know somehow God answers prayer. Somehow, someway, God answers prayer when otherwise I'd be afraid. 'Tis then He gives me added strength; a thousand hands come to my aid. I need to think less of the lack, to know that He is everywhere, to just appropriate the good and question not His way of prayer.

Saturday, August 12

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*I no longer think of my imperfections.  
I know that in Truth I was created perfect  
and that Christ in me is now manifest  
as my own perfection.*



AS LONG as you think of your imperfections, just so long will they appear. Your adverse thought will bind them to you; your thought of Truth has power to deliver you from them. Your knowledge that Christ, the perfect man in you, is coming into manifestation will cause your own innate perfection to appear.

When man thinks in terms opposed to the Truth of Christ, when he thinks that man can be other than the perfect man whom God created, he shows imperfections. When he believes in his own shortcomings or in those of other persons, he manifests shortcomings.

The perfect man of Christ ever seeks to come forth in you. The perfect pattern of man implanted in you when you were created has never changed. You may think of your limitations as real and permanent but they will change when you change your mind to accept Truth.

In the consciousness of perfection you behold the perfection of Christ in you as your own perfection.

Let us press on unto perfection.—*Heb. 6:1.*

Sunday, August 13

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*The consciousness that Christ is ever in me, renewing and regenerating me, renews me constantly in mind and in body.*



THE RENEWING presence of Christ in us constantly renews and regenerates us. Only our adverse belief in age can prevent our feeling this presence and its work. Only our negative thought can act as a barrier to the flow of new life and new strength.

Instead of continuing to entertain old, crystallized, and useless ideas, fill your mind with new thoughts. Think often of the renewing presence of Christ within you. Think of this presence as filling you with new ideas and as filling your body with the presence of newness.

If you would renew yourself, think new thoughts. Think of yourself as being ever renewed by the presence of Christ within you. Know that you are yielding old and useless ideas in order to embrace the truth of newness. Correct your thought constantly in order to keep out of mind any belief that age can be identified with you. Do not think of age as something to which you must succumb. Know that you must know more and more of Truth and must realize more of the renewing presence of Christ.

We serve in newness of the spirit.—Rom. 7:6.

Monday, August 14

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*The peace of the presence of Christ within me fills me, and I am peaceful in mind and in body.*

**T**URN OUT of mind every peace-destroying thought. Cast from mind every belief that would serve to take your peace from you. Remember that nothing but your own adverse thought can interfere with your peace. Only your negative beliefs can act against your peace.

The presence of Christ within you, when you identify yourself with it, will make you peaceful. His peace will pervade your being. You will cease to think thoughts antagonistic to peace. You will abide in the consciousness of peace even when outer things seem to conspire against you and your peace of mind.

Abiding in the consciousness of peace, you will make your environment a peaceful one. You will find that the presence of peace will enfold you. Your world will become one of great peace. Not an inharmonious thought will prevail in your world because it will be one of perfect peace.

Rest in the consciousness that you are at peace with all things.

My people shall abide in a peaceable habitation, and in safe dwellings, and in quiet resting places.—*Isa. 32:18.*

Tuesday, August 15

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*The Spirit of God in me is ever alive,  
and I too am ever filled with life.*



**C**AST from mind every belief in limitation of life. Know that you ever live in the life of God, are ever at one with His life. Drop from mind all belief in weariness. His life constantly refreshes you. Deny all belief that you can lack vitality or energy. In Spirit you are filled full with the vitality of God.

The Spirit of God in you is your source of life. You have but to turn your thought to this fountain of life in order to be filled with life. You have but to think life in order to feel it within you. When you think of weariness or weakness, you keep life from being manifested.

You are alive forevermore in the life in which you were created. Enter this consciousness and abide in it. Live in the realization that you are thoroughly alive. Feel life ever surging within you, flowing to the very circumference of your being. Know that you are a center of God's life.

Let no adverse thought keep you from realizing the presence of God's life within you or prevent you from identifying yourself with it. In Truth you are ever alive with God's presence.

*With thee is the fountain of life.—Psalms 36:9.*

Wednesday, August 16

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*In my body the Spirit of life, health, and strength embodies itself, and my body is a temple of wholeness and perfection.*



**G**IVE UP all belief that your body is a habitation of weakness and disease. Cease to think of it as entirely physical or material. See your body in its spiritual aspect and begin to redeem it from the material conception that you have entertained about it.

Your body is the embodiment of God's life, health, and perfection. You can realize this mighty truth only by freeing your thought from all belief in bodily limitation. You must get rid of all belief in disease and impurity. You must know that God lives in you and that He expresses Himself in you. You need to realize that in the sight of God your body is a holy thing; not diseased, not perishable.

You are the temple of life through which God does mighty works. You have a vehicle through which to express yourself, through which God expresses Himself. This body is given to you so that you may redeem it from mortal thought and so that you may manifest in it your consciousness of the presence of God.

Thy whole body shall be full of light.—*Matt. 6:22.*

Thursday, August 17

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*The kingdom of heaven is within me  
and about me, and I now live in heaven.*



**WE** FIND heaven through heavenly thoughts. We rise out of the consciousness of our separation from God and find that we are at one with Him. We find that He is not apart from us nor separated from us. We discover that He is within us and about us as the very presence of heaven.

If you have thought of heaven as something that exists in the future or in the distance, correct your thought by means of Truth. Heaven is not something geographically charted, neither is it withheld from you to serve as a future reward. You do not gain heaven through death but through an understanding of Truth and life.

The only heaven you will ever know is that state of consciousness which comes from thinking heavenly thoughts and abiding in the presence of God. Unless you think heavenly thoughts you cannot enjoy any kind of heaven, whether here or in some distant or future place. You find heaven only through the heavenly consciousness.

Abide in the consciousness that you are now in the presence of God, in the presence of heaven in all its perfection.

*The kingdom of heaven is at hand.—Matt. 4:17.*

Friday, August 18

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*I relax from all tension and strain because I realize that the presence of Christ is within and about me and all is well.*

**H**AVE YOU realized that Christ is ever within and about you? Have you learned to lift your thought to Christ and relieve yourself of mental strain? By knowing that all is well in your affairs, have you found that they are taken care of and managed much better than they could be through your personal anxiety? Have you discovered that through relieving yourself of mental tension all physical tension disappears?

Give up today any thought that may be causing mental tension. Do not let any thought justify its having a place in your mind if it is one that causes anxiety. You should not give any place in mind to a tension-producing thought. Such a thought will prevent your realizing perfect health.

Instead of thinking black, heavy, and tense thoughts, think thoughts of Truth and of peace. Instead of becoming tense about yourself or your affairs, place yourself and all these in the keeping of God.

He leadeth me beside still waters.  
He restoreth my soul.

—Psalms 23:2, 3.

Saturday, August 19

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*The light of Christ in me is ever my source of intelligence, wisdom, and inspiration.*

**M**AN CAME from God endued with his Father's intelligence. Through the son, the Father expresses Himself as light and intelligence. He ever abides within His creation as light, ever directs and guides him. Man has but to turn to his father within him to be conscious of His light, wisdom, guidance, and direction.

Have you ever realized that you came into the world with the gift of intelligence? Of course God would not have created you and plunged you into a world of confusion without some sense of direction and guidance. Even the animals and the birds have their finely developed instincts. They have the inner direction, which they follow just as man follows his intuition. Oftentimes we feel that the animal's instinct is more highly developed than is our own intuition. The bird or animal has to rely upon its instincts many times a day. If man learned to rely upon his inner light he, too, would develop the consciousness of its guidance.

You have within you the light of heaven.

Then shall thy light break forth as the morning.—*Isa. 58:8.*

AFFIRMATIONS USED BY  
SOCIETY OF SILENT UNITY

August 20 to September 19

**Illumination**

*I daily praise Spirit within me for illumination and ever-increasing wisdom.*

**Healing**

*I daily praise and thank the Spirit of life and health for constantly restoring me to perfection of body.*

**Prosperity**

*Let all my thought people praise thee, O God; then shall the earth yield her increase and prosperity become manifest.*

Sunday, August 20

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*The healing presence of Christ in me dissipates every evidence of the presence of disease, and I am made whole and well.*



LET US think of Christ as being ever present with us, realizing that His life is ever our life, His health ever our health. In this realization our attention is withdrawn from any belief in the presence of disease. We give our whole thought to Truth and to Christ. Our consciousness of Truth acts as an antidote to belief in disease. Our realization of the presence of Christ wipes out all belief in the presence of disease.

If you would be healthy, think of the healing presence of Christ within you. Know that in reality there is only the Truth of His presence. Realize that in Truth there is only your likeness to Him. Fill your mind with thoughts of Him, thoughts of His presence of health, your own health. Know that in Spirit you are ever like Him, ever the image of His wholeness and health.

Make disease less real to your mind by thinking more of the reality of Christ's presence and your perfection in Him.

Behold, I will bring it health and cure, and I will cure them.—*Jer. 33:6.*

Monday, August 21

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*I am now prospering because my mind is filled with heaven's thoughts of plenty, thoughts which draw prosperity to me.*

**I**F YOU would prosper, disabuse your mind of belief in lack. Drop from mind those thoughts which attract failure and lack. Give up those beliefs which keep your prosperity away from you. Think heaven's thoughts about your own prosperity.

If you would be prosperous, keep busy thinking prosperity. Busy yourself practicing prosperity. Act prosperously. Engage in something that will so absorb your attention that you cannot think of lack. Keep producing. You must be an open channel through which God's work is done.

Prosperous thoughts link us with the riches of God. By thinking thoughts of prosperity we make a bridge in consciousness which connects us with the riches of heaven. We must keep out of mind every belief that would limit our prosperity. Thoughts of lack act as a barrier to the coming of prosperity. They prevent the free flow of rich ideas and the prosperity that they engender.

I pray that in all things thou mayest prosper and be in health, even as thy soul prospereth.  
—III John 2.

Tuesday, August 22

*My consciousness of Truth frees me from all that is untrue—in the mind of Christ.*

**W**E STUDY TRUTH for the purpose of building up the right consciousness. When Truth is established in us, our mind is disabused of that which is not true. We think of the Christ mind as the ideal mind, one in which only Truth operates. We seek to keep out of mind every thought that would keep us from knowing the Truth of Christ.

According to Truth, you are whole and perfect, prosperous and successful, master of your world. You may think of yourself as something entirely different from what you are in Truth. You may think of disease and lack as true, but your thought about them does not establish them as divine truths. Only that is true of you which is true in heaven.

When Truth is established in your consciousness, you give up conflicting ideas. You cannot entertain Truth and that which is not true at the same time. When you know that only your perfection is true in the sight of God, you cannot also believe that your shortcomings are true.

Speak unto me nothing but the truth in the name of Jehovah.—*1 Kings 22:16.*

Wednesday, August 23

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*Christ in me is exalted and I too am lifted up.*

**I**N TODAY'S affirmation of Truth, we seek that spiritual consciousness through which we may be lifted up and exalted. We realize that Christ in us is ever lifted up to the Father. In turn, we know that through Him we too are exalted. In this consciousness we are to go forth this day, knowing that no person, thing, or circumstance can cast us down. We are lifted up and exalted to the extent that we can perceive this in consciousness.

When things of the world seem to pull you down, let Christ in you lift you up. When circumstances would weigh upon you, let Christ in you set you free and exalt you above them. Let no thought that external things can affect you keep you from realizing that Christ in you is ever exalting you above the world and above the claims of things.

Seek to feel within you the presence of Christ ever inspiring and lifting you. Know that the arms of your Father are underneath you and that they bear you up when things would cast you down. Realize that something within you is forever exalting you.

Arise, shine; for thy light is come, and the glory of Jehovah is risen upon thee.—*Isa. 60:1.*

Thursday, August 24

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*I do not believe that other persons can harm me. Christ in me easily forgives them in their attempts to do so.*

**I**F WHEN another tries to harm you by what he says or does, you should think of yourself as detached from the situation, you would find it easier to forgive him. If you can think of the matter as one that concerns only him in his own personal consciousness, you will find that no harm can come to you. The difficulty in forgiving is increased when you keep thinking of yourself.

Forgiveness comes through Christ in us. We can forgive when we stand aside and let His work be done. We give up the sense of personal wrong, injury, and injustice and give our whole thought to Christ, forgiving the person who seems to have wronged us.

Through forgiveness we have power to wipe out all memory of wrong and to establish in its place a consciousness of the forgiving presence of Christ. In this way, we are freed of personal responsibility for another person's difficulties in overcoming. We let Christ in us be free to wipe out our neighbor's sense of wrong. In turn, Christ gives him back to us freed and forgiven.

Whatsoever thou shalt loose on earth shall be loosed in heaven.—*Matt. 16:19.*

Friday, August 25

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*I am not given to the habit of condemnation. Christ in me ever praises the good.*

**T**HE PERSON you may be inclined to condemn may have many good qualities worthy of praise. You may be so engaged in condemnation that you fail to see the good. You may be so absorbed in your attitude of superiority that you fail to see that he has admirable qualities that even you yourself do not express.

Very often we condemn another because in our heart we envy him. Through condemnation we seek to draw attention away from that which should be praised. The student of Truth should always take the opposite attitude. He should so magnify the good that he finds in another that he draws attention away from that which would lead to condemnation.

You can free yourself from the habit of condemning others by realizing that in Truth you have no right to condemn them. You have enough to do to improve yourself. Were you perfect you might set out to perfect others. In the meanwhile, your part is to praise the good in others. You are to help them to bring forth the best that is in them.

The Lord Jehovah will help me; who is he that shall condemn me?—*Isa. 50:9.*

Saturday, August 26

*In the stillness of Christ within me, I  
find perfect stillness, and I too am still.*

**W**HEN YOU feel that the world about you is in confusion and that you seem to respond to it in a confused way, turn to the Spirit of stillness within you. Turn from outer disturbances to harmony and peace and order. Find your stillness and quiet in the presence of Christ's stillness within you.

There is only one place where you can find stillness and partake of it; that place is at the very heart of your being, where is the presence of Christ. In this presence there can be no disorder, no inharmony, no disturbance. In this presence you find yourself and discover that you are master of your world, master through the power of stillness.

When things of the world seem to disturb you, declare stillness from the inner depths of your being. Feel that the presence of stillness within you is extending to every part of your being and to all parts of your environment. Realize that you are at one with the very quiet of heaven.

When we find the place of stillness within us, we find that we can command our life and our affairs with a new power.

Be still, and know that I am God.—*Psalms 46: 10.*

Sunday, August 27

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*The Spirit of wisdom, order, and good judgment now directs me into the path that I should take, and I find it to be one of peace and plenty.*



ARE YOU facing a matter for decision today? Are you undecided as to which step to take? Are you uncertain about a new path before you, thinking perhaps it may offer difficulties to you? Just realize that in Truth there is but one way to go, the way of wisdom, order, and good judgment. This way is the way of Spirit, the way of peace and plenty.

When you go the way that Spirit directs you to go, you find that Spirit is with you all the way. Only when you choose a road in disobedience to Spirit can you have a sense of separation from Spirit and consequently believe in hardship and failure. The way of Spirit is one that offers you the best that heaven has at all times.

Do not be undecided. Do not think that there are many paths, from which you are to select one. Realize that in Truth there is only one, only the way where you will be attended by the Spirit of peace and success.

All the paths of Jehovah are lovingkindness and truth.—*Psalms 25:10.*

Monday, August 28

*I abide in the consciousness that in Spirit now is the only time.*

**R**EALIZING that in Truth the only time is the now, we free ourselves from unhappy memories of the past and from the habit of giving too much thought to the future. We see that now is the time to demonstrate Truth and to manifest the blessings of God. Now is the only time to let God in us express Himself through us.

Abiding in the consciousness that there is no time but now, we take a step toward having our prayers answered. Many persons delay the answers by a firm belief in delay, in the future, and in other limitations of time. Remember that there are no restrictions as to when your good shall come to you except such restrictions as you yourself place upon it. When you enter spiritual consciousness you discover the timeless time of Spirit.

Think of your blessings as coming to you now. Realize that you do not have to wait until tomorrow to receive the good that Spirit has in store for you. The blessings that you receive in the future are delayed because of your consciousness of delay. Were you to realize now that they are yours, they would be yours now.

*Come; for all things are now ready.—Luke 14:17.*

Tuesday, August 29

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*Through the dominion and authority of Christ in me, I have dominion and authority over myself and over my world.*



MAN HAS been created with all authority. Nothing in the external world has authority over him. No belief in weakness, fear, disease, or failure can dominate him in Truth, because only the Truth and the authority of Spirit within him can rule him.

If you would know more of the dominion and authority of Christ, think less and less of the dominion and authority of external things. Know that in Truth no person or thing can have power superior to that of Christ in the midst of you. Realize that His authority is absolute.

When you realize the truth about yourself, you will find that no adverse belief can dominate you. Peace, love, courage, health, and success will predominate in your life when you realize that Christ alone has dominion.

When you are inclined to believe that other persons or external things have authority over you, turn to Truth and realize the omnipotence of the authority of Truth, the dominion of Christ.

Thou makest him to have dominion over the works of thy hands.—*Psalms 8:6.*

Wednesday, August 30

*Through giving thanks for the good that is manifest in my life, I find more good for which to be thankful.*



**WHEN YOU** begin searching for something to be thankful for, you discover things that you had overlooked. Thus your attitude of thankfulness is rewarded. By counting your blessings, you always find more blessings to count. Your thankful spirit reveals more and more blessings to you.

Should you get into an attitude of mind in which you are unappreciative of what you have, begin to count your blessings. Find a few things that you are thankful for and you will discover more and more for which you can give thanks. Your sense of gratitude will be compensated by the appearance of more blessings.

When you are inclined to be pessimistic, find something to be thankful for, something in your life to praise. Take your thought off the thing that makes you unhappy and begin to give thanks for something. Every person has something that he values, even though he may neglect to give thanks for it.

The attitude of thankfulness will cause you to find more and more things to appreciate.

Giving thanks always for all things in the name of our Lord Jesus Christ.—*Eph. 5:20.*

Thursday, August 31

*When I enter spiritual consciousness  
and realize my oneness with Christ  
within me, I am in prayer.*



**W**HAT IS your conception of prayer? Do you think of prayer as a state wherein you beseech God for something? In Truth we know that prayer is a consciousness of our interrelation to God. We are aware of our oneness with Him and His blessings.

The most genuine and most effective prayer is one through which we sense God's presence and feel our oneness with Him. We feel our oneness with the thing for which we are praying and discover that it is already ours. By our prayer we relate ourselves to the thing for which we pray. We identify ourselves with God as heirs to all that He has.

The student of Truth finds that the most powerful prayer is one by which he realizes that the thing he desires is already in manifestation. He can safely take this attitude because it does exist in Spirit for him. The manifestation takes place when his own thought is ready to accept it. No good thing will ever be withheld from him when he is in spiritual consciousness.

The prayer of faith shall save him.—James 5:15.

## The Unknown Friend

I am writing you today with a heart full of thanksgiving to the dear Lord who put the desire in the heart of the unknown friend to send me Unity Daily Word. To think of some one's doing this for me—a stranger too! It is almost unbelievable.

When your letter came I was on the verge of a nervous collapse over financial troubles. If I had not known the Lord, I don't see how I could have lived. God bless you, Unity friends, and may God's goodness and mercy be with this unknown friend of mine whom I thank from the depths of my heart.

You have the same opportunity to bring joy and comfort to some one as this unknown friend had. Why not send Unity Daily Word to three friends now.

UNITY SCHOOL OF CHRISTIANITY,  
917 Tracy, Kansas City, Mo.

Please send me a Prosperity Bank in which to save \$3 for three eight-month subscriptions to be sent to friends whose names are here listed. I desire the prayers of Silent Unity.

Friend's name .....

Address .....

City ..... State .....

Friend's name .....

Address .....

City ..... State .....

Friend's name .....

Address .....

City ..... State .....

My name .....

Address .....

City ..... State .....

## NEWS

—"How to Meet Bereavement," a popular article by Ernest C. Wilson, can now be obtained in tract form. The price is 5 cents a copy.

—The reduction in the price of *Weekly Unity* brought a flood of requests to send it to friends. If you have not sent your gift subscriptions, do so now. The price is \$1 a year.

—Unity School has a display at the Chicago world's fair in the Hall of Religion.

—The price of *Truth in the Home* has been reduced to 50 cents. This book deals with the home problems of the average family.

—The price of *Little Susie Sleep Ears, White Stockings and Other Tales, Aunt Joy's Nature Talks and Treasure Box* has been cut to way below cost. They are now priced at 29 cents each, or two for 50 cents. All four of these delightful books for \$1.

—*The Christ Way of Living*, our new 50-cent book is in great demand. If you haven't a copy, now is the time to order one.

—If you enjoy the articles in *Unity Daily Word*, send for *Open Doors* and *Creed of the Dauntless*, which contain the best articles and poems that have appeared in *Unity Daily Word* in past years. Each book, cloth-bound, is priced at \$1.

## Christian Business Now GOOD BUSINESS

With the July issue the name of *Christian Business* magazine became *Good Business*. This does not indicate any change of policy, or any lowering of its high ideals, for the application of Christian principles to business and professional activities will continue to be stressed.

The change was made to clear up some confusion as to the purpose of the magazine. Many associated it with the business operations of religious organizations, while others were unaware that it had a direct bearing on the practical aspects of business.

In making this change we feel that *Good Business* will gain many new friends, and teach new readers that successful business must be founded on Christian principles. Are you acquainted with this magazine? If not, let your subscription start at once. The price of *Good Business* is

a year  
\$1.50



## GOD IN US

There is no god, no saint, and no man in whom we can put any confidence, faith, or trust for the purpose of our salvation, except the power of the divine principle acting within ourselves. Only when man begins to realize this truth will he begin his infinite life, and step from the realm of evanescent illusions into that of the permanent truth.

—*The Life of Paracelsus.*

